

How to Clean and Debone a Fresh-Caught Trout



Taken from www.homemakingdivas.com website



Cut the head off just before the Pectoral fin (this fin can be nipped off or left on). This is an optional step, as some people want the head left on when cooking.

Hold fish with belly facing up. Using your fillet knife, cut from the anal hole forward towards where the head was or still is.

After pulling out the entrails. Take an old tooth brush or a spoon and clean the blood vein that runs along the spine. Brush or scrap the vein until it is cleaned out. If that is not cleaned out it, will affect the taste.

Rinse the trout thoroughly (inside and out) and prepare to cook as you wish.



How to clean the skin

If you like to eat the fish skin, make sure you remove all the fish scales before cooking. With the trout held firmly by the tail, scrape very firmly from the tail to the gills several times on both sides with a sharp knife. Scrap until all the gills are removed.

A website that has good instructions on how to clean a trout.

<http://outdoors-sportsman.helium.com/how-to/11063-how-to-clean-gut-and-clean-a-trout>

How to remove the bones

I searched on google for a website teaching how to remove the bones out of the trout because I just wanted to include a website link (and not write instructions). I was surprised I couldn't find anything showing the method I usually follow. Everyone one I know debones trout the way I do but I guess we have a unique way of removing the bones.

A link with good instructions on how to take the bones out another way is below. I find that method of deboning wastes a lot of meat. <http://www.blwc.com/how-to-take-the-bones-out-of-trout.htm>



These instructions take a little bit more time but it leaves most of the meat.

Start by inserting the knife at the anal hole on the belly of the fish and cut the skin towards the tail.

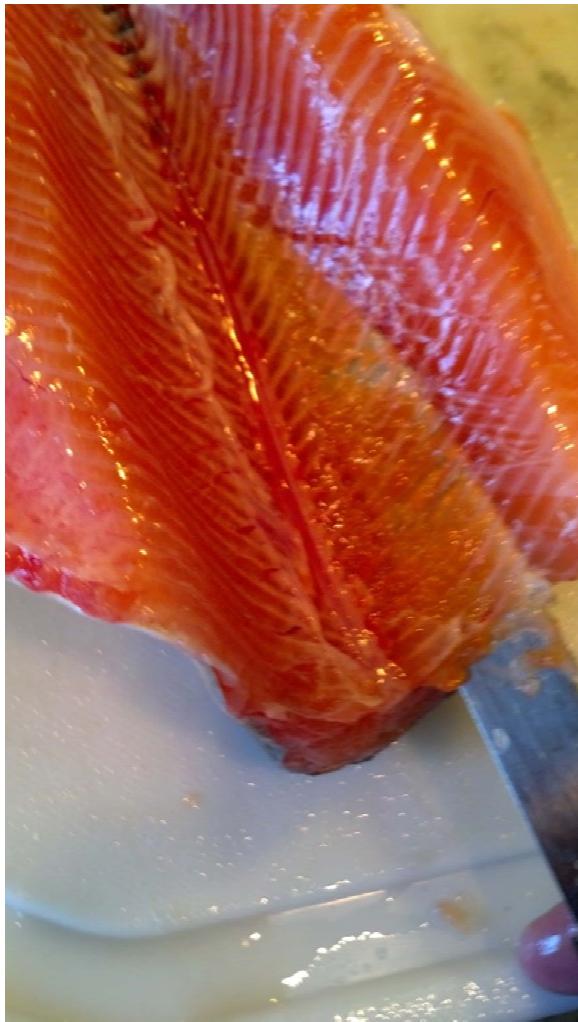


Use a sharp knife to removing all of the fins except the fin on the top/back of the fish.

The back fin will be removed after the bones are taken out.

Cut the tail off





At the end of the fish where the head was attached, insert a sharp knife against the spine under the bone line. You will be able to see the knife under the bones. (Top left picture). Bring the knife up from the spine towards the belly outside edge of the fish. Keep repeating along the spine and bones towards the tail of the fish. (Top right picture)



| There is another row of bones below the meat. Take the sharp edge of the knife and scrap along the next layer of bones pushing the meat back off the bones. (Pictured left)

As you did the first time, insert the knife under this next row of bones and lift the bones out of the meat. (Pictured right)





Again, scrap the meat back to see the next row of bones. You should be at the spine center of the fish, and finished with that side of the fish.

You do the other side of the fish by following the same instructions on the previous page, or you can continue in the direction you have been working, as pictured at the left. Change the direction of the knife to match the direction the bones are running in.

Lift the bones out and sit aside to discard.

Run a knife under the bones along the middle where the spine used to be and cut away the fat and bones. This is when the back fin needs to be removed.





Hold the fish in one hand. With your other hand feel for any bones with your fingers. Pull the bones out one by one as you find them. While feeling around in the meat move the fish with your hand that is holding it because the movement pushes the bones up so you can feel them better.

Please leave a review and let us know if you have any questions.

<http://homemakingdivas.com/clean-debone-trout/>